



ZACH ELEMENTARY SCHOOL

Home of the Zephyrosaurus

PAGE 1

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Aisha Thomas

Assistant Principal
John Berg

PSD Website
[Click Here](#)



Advertising in this newsletter does not imply endorsement by Poudre School District.

HAPPY SPRING!

Book Fair

The Book Fair is back! This year's book fair will run May 2nd-6th. Watch future newsletters for the specific hours and a chance to sign up to volunteer. You are able to pre-order books as well as add money to your child's eWallet account to spend at the book fair for more information visit

www.scholastic.com/bf/zachelementaryschool



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connections



Kindergarten 2022-23 Registration

Kindergarten registration for the 2022-2023 school year is now open. Please visit the kindergarten page on the Zach website for information and registration link.

<https://zac.psdschools.org/kindergarten-2022-2023>

2022 CMAS Testing Schedule

2022 CMAS Testing School Schedule

School: Zach Elementary

MON March 28 (ELA & Math)	TUES March 29 (ELA & Math) 3 rd ELA 8:15-11:00 5 th ELA 9:15-11:30	WED March 30 (ELA & Math) 3 rd ELA 8:15-11:00 5 th ELA 9:15-11:30	THUR Mar 31 (ELA & Math) 3 rd ELA 8:15-11:00 5 th ELA 9:15-11:30	FRI Apr 1 (ELA & Math)
MON Apr 4 (ELA & Math)	TUE Apr 5 (ELA & Math) 5 th Math 9:15-11:00	WED April 6 (ELA & Math) 5 th Math 9:15-11:00	THUR April 7 (ELA & Math) 5 th Math 9:15-11:00	FRI April 8 (ELA & Math)
MON April 11 (All CMAS)	TUE April 12 (All CMAS) 4 th ELA 8:30-10:30 5 th Science 9:15-11:15	WED April 13 (All CMAS) 4 th ELA 8:30-10:30 5 th Science 9:15-11:15	THUR April 14 (All CMAS) 4 th ELA 8:30-10:30 5 th Science 9:15-11:15	FRI April 15 (NO SCHOOL)
MON April 18	TUE April 19 (All CMAS) 3 rd Math 8:15-10:30 4 th Math 8:30-10:00	WED April 20 (All CMAS) 3 rd Math 8:15-10:30 4 th Math 8:30-10:00	THUR April 21 (All CMAS) 3 rd Math 8:15-10:30 4 th Math 8:30-10:00	FRI April 22 (All CMAS)
April 25 (Make-Ups)	April 26 (Make-Ups)	April 27 (Make-Ups)	April 28 (Make-Ups)	April 29 (Make-Ups)

3rd grade

4th grade

5th grade



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<https://1stdayschoolsupplies.com/emarket2021/download.php?file=../07-01/flyer-risk-free.jpg>

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Your Teacher Requested

✓ Name Brand Products Like:
  
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Joe Mivshek
970.420.7163
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PRE/K-12TH GRADE



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5/5 NFL FLAG	7/7 TOUCH	9/9 HYBRID	11 TACKLE
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LAST DAY of SCHOOL

The last day of school for 2021-2022, May 25, will be a half day for students. Students will be released 11:20am and no lunch will be served on that day. It will be a full day for staff.



SEL NEWS

April

FRIENDSHIPS

Much evidence shows that our brains are wired for connection. Positive social connections with others have benefits for both our mental and physical health. Much of the "work" of childhood is developing friendships and positive social connections through play and shared activities at school, home, and in the community.

At Zach, we utilize regular SEL lessons, class meetings, themes in literature and read alouds, the Caring School Community curriculum, and group collaboration to support students' social connections. Our SEL work aligns with the CASEL Social Emotional Learning Competencies of Social Awareness, Self Awareness, Self Management, Relationship Skills, and Responsible Decision Making. Each are involved in creating and maintaining friendships.

At home, we can model and discuss these skills to support our children's social development. We do this both in our interactions with our own friends and in how we talk to one another in our household. These include starting a conversation, joining an activity, active listening skills, and skills to solve problems or disagreements. Studies also show that kids maintain more positive connections with others when they are able to recognize their own emotions and regulate their own challenging or big emotions. When we help children to name their feelings and access positive coping skills, this supports positive friendship skills as well.

Article from Child Mind: [Friendships and Socializing](#)

Sources: Dr. Emma Seppala, Dr. Dan Siegel, Dr. Brene Brown

SEL IN THE CLASSROOM

Kinder and 1st grade: social awareness and problem solving strategies

2nd: Social Awareness and Relationship Skills

3rd: Positive Coping Skills and Practicing Positive Self Talk

4th: Social Awareness and Relationship Skills

5th: Social Awareness and Relationship Skills

UPCOMING EVENTS

PSD Mental Health Matters event:

Prioritizing Social Emotional Learning to Promote Learning

April 7 6:00-7:30pm

Register here:

<https://tinyurl.com/PSDMHM>

Past Mental Health Matters presentations are also posted on the above link. Topics include supporting youth mental health and resiliency, social media and internet safety, and understanding stress.

BOOKLISTS

Explore these books featuring friendship themes with your household.

This list has categories of different friendship topics for all elementary aged readers: [Children's Book List](#)

[Chapter Books about Friendship for Tweens and Upper Elementary Readers](#)



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ASSOCIATE BROKER REALTOR®

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Vote for Mrs. Mishak!

Voting for March's Teacher Tuesday is now live! Please click on the links below to vote for your favorite teacher!



<https://newcountry991.com/vote-for-colorados-march-teacher-of-the-month-teacher-tuesday/>
<https://retro1025.com/vote-for-colorados-march-teacher-of-the-month-teacher-tuesday/>
<https://999thepoint.com/vote-for-colorados-march-teacher-of-the-month-teacher-tuesday/>
<https://943thex.com/vote-for-colorados-march-teacher-of-the-month-teacher-tuesday/>
<https://power1029noco.com/vote-for-colorados-march-teacher-of-the-month-teacher-tuesday/>
<https://townsquarenoco.com/vote-for-colorados-march-teacher-of-the-month-teacher-tuesday/>

The winning teacher will receive the following prizes:

- \$100 food delivery voucher from Nosh NoCo
- A \$50 gift card for Breeze Thru Car Wash
- \$500 to the winning teacher's school

Please note that voting is scheduled to close on Monday, April 4th, at 10 am.

Bike Crew

With the warm weather approaching, we would like to get the kindergarteners riding and learning to ride bikes at recess. We are looking for a group of parents (or knowledgeable older students) to work on the kindergarten bikes. The bikes have not been used in awhile due to covid and online school. They need tires pumped, new seats, bolts tightened and minor tune-ups! Please let your child's teacher know if you have some time to help us! This can be done anytime during the school day M-F. If there is a group (including adults, youth groups, boy/girl scouts or any group looking for a service project) that would prefer to meet on a weekend or after-school, this can be arranged as well.



Please email any kindergarten teacher to help out:

eccey@psdschools.org, jelimon@psdschools.org, smishak@psdschools.org

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Poudre School District 2022-23 Calendar



Poudre School District 2022-23

K-12 Student/Teacher Calendar**

2022

AUGUST						
S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	B/W	B/W	13
14	T	★	17	18	19	20
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28	29	30	31			

SEPTEMBER						
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4	SB	6	7	8	9	10
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OCTOBER						
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30	31					

2023

NOVEMBER						
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20	SB	SB	SB	SB	SB	26
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DECEMBER						
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25	SB	SB	SB	SB	SB	31

JANUARY						
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29	30	31				

FEBRUARY						
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APRIL						
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JULY						
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23	24	25	26	27	28	29
30	31					

**PreK and Integrated Services Transition Programs may have different calendars. Check with the applicable department for details.

	Transition Day (6th and 9th grade only)
	Student Days
	School not in session - staff on duty
	School not in session - staff exchange day
	Elementary Schools not in session - staff exchange day
★	First and Last Day for all Students
SB	School Break - School not in session
---	Holiday - PSD District Offices Closed
○	Board of Education Meeting

Poudre School District 2022-23 Calendar, continued...**Poudre School District 2022-23****K-12 Student/Teacher Calendar****

<u>School Start and End Dates</u>	
August 15	MS/HS Transition Day (6th and 9th grade only)
August 16	All Schools First Day
May 26	Last Day of school
<u>Important Dates, School Holidays/Intermissions</u>	
August 08	1st year teachers on duty
August 11	K12 All teachers on duty
September 5	Labor Day (No students)
September 16	Building/Workday (No students)
October 13	ES (K-5) Parent Teacher Conferences (No students)
October 14	K12 Parent Teacher Conferences* (No students)
November 11	Veterans Day - Building/Workday (No students)
November 21-25	Thanksgiving Break (No students)
December 22	Winter Break Starts
January 3	Winter Break Ends
January 4	K12 Workday (No students)
January 16	Martin Luther King Jr. Holiday (No students)
February 20	Building/Workday (No students)
March 11-19	Spring Break (No students)
April 21	K12 Parent Teacher Conference Exchange Day
May 15	K12 Teacher Workday
<u>Special Dates</u>	
August 2-3	New Elementary Student Registration Day
October 14	End of First Quarter
December 21	End of Second Quarter/First Semester
January 20	School of Choice Deadline
March 10	End of Third Quarter
May 19-20	High School Graduations
May 26	End of 4th Quarter/Second Semester
Administration Bldg (JSSC)	
482-7420	
Transportation Services	
490-3155	
Customer Support Services (CSC)	
490-3333	
Child Nutrition	
490-3557	
Records	
490-3142	
IT Help Desk	
490-3456	

New Covid Protocols

When not related to a documented chronic health condition, symptoms that require a negative test to return to school include fever, feeling feverish, shortness of breath, nausea, vomiting, diarrhea, cough, sore throat, runny nose, congestion, muscle/body aches, headache, fatigue, new loss of sense of taste or smell.

If you test positive or choose not to test, you must remain home for five days and wear a mask on days 6 to 10 when you return, per public health requirements. Use attached document as guidance.



COLORADO
Department of Public
Health & Environment

How Sick is Too Sick?

When Children and Staff Should Stay Home from School or Child Care

Evaluation of a sick child must consider which diseases are currently circulating among students, staff, and the community. Known exposure to cases or an outbreak of a contagious disease (including but not limited to those listed here), even without a confirmed diagnosis, may necessitate more stringent return to school requirements.

During Colorado's ongoing response to the COVID-19 pandemic, children and staff who have symptoms consistent with COVID-19 should receive testing, and follow the [COVID-19 isolation guidance](#) until testing is completed or if they test positive. If the individual tests negative for COVID-19, the individual should then follow the recommendations for their disease or symptoms using the below guidance.

There are four main reasons to keep children and adults at home:

1. The child or staff is at risk of infecting others with COVID-19 or another contagious illness, either because of symptoms or recent close contact.
2. The child or staff member does not feel well enough to take part in usual activities. For example, a child is overly tired, fussy or will not stop crying.
3. A child needs more care than teachers and staff can give while still caring for the other children.
4. The child or staff member has symptoms or an illness is on this list, and staying home is required.



New Covid Protocols, continued...



Guidance for COVID-19 Symptoms	Child or staff member must stay home?
<p>COVID-19 symptoms which must be <i>fully resolved</i> before a child or staff member returns to school</p> <ul style="list-style-type: none"> • Feeling Feverish, having chills or Fever (Temperature of 100.4°F or greater. Babies who are 4 months or younger need to see a doctor right away for a fever of 100°F or higher) • Shortness of breath or difficulty breathing • Nausea, Vomiting/Throwing Up • Diarrhea (Frequent, loose, or watery stools (poop) compared to normal ones that are not caused by food or medicine) • Cough* 	<p>Yes - These symptoms are often present in individuals with COVID-19 and other contagious infectious disease, and a person with any of these symptoms (whether new or worsening from baseline) should first receive a diagnostic test for COVID-19.</p> <p>When to seek emergency medical attention</p> <ul style="list-style-type: none"> • Trouble breathing • Persistent pain or pressure in the chest • New confusion • Inability to wake or stay awake • Pale, gray, or blue-colored skin, lips or nail beds, depending on skin tone <p>These are not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.</p> <p>If all symptoms are consistent with the usual symptoms of a known chronic condition and the child is otherwise well enough to return to school, no further evaluation is necessary.</p> <p>If the test is positive, or the individual has not yet been tested, the individual should follow CDPHE's isolation guidance, https://covid19.colorado.gov/isolation-and-quarantine. Further guidance for the school or child care can be found at https://covid19.colorado.gov/practical-guide-for-operationalizing-cdc-school-guidance.</p> <p>If the test is negative AND the symptoms are explained by a specific illness other than COVID-19, then the child or staff can return to school or child care following exclusion guidelines for that illness.</p> <p>If the test is negative and the illness is not explained by a new illness or a known chronic condition, the ill individual should still stay home until symptoms have been resolved for at least 24 hours without medication.</p> <p>*Students and staff may return if the cough is not fully resolved following discussion with a care provider.</p>
<p>COVID-19 symptoms which must be <i>improving</i> before a child or staff member returns to school or child care</p>	<p>Yes - These symptoms are often present in individuals with COVID-19, and a person with any of these symptoms (whether new or worsening from baseline) should receive a diagnostic test for COVID-19. If all symptoms are consistent with the usual symptoms of a known chronic condition and</p>

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Continued...

New Covid Protocols, continued...



- Sore throat
- Runny nose or congestion
- Muscle or body aches
- Headache
- Fatigue
- New Loss of Taste or Smell**

the child is otherwise well enough to return to school, no further evaluation is necessary.

If the diagnostic COVID test is positive, or the individual has not yet been tested, the individual should follow CDPHE's isolation guidance, <https://covid19.colorado.gov/isolation-and-quarantine>. Further guidance can be found at <https://covid19.colorado.gov/practical-guide-for-operationalizing-cdc-school-guidance>.

If the diagnostic test is negative and the symptoms are explained by a specific illness other than COVID-19, then the child or staff can return to school or child care following exclusion guidelines for that illness.

If the COVID test is negative and the illness is **not** explained by a new illness or a known chronic condition, the ill individual may return to school as long as all symptoms are improving and cough, shortness of breath, fever, diarrhea and vomiting have fully resolved.

**Loss of taste or smell can persist for weeks or months. This condition does not need to be resolved or improving before an individual returns to school or care.



New Covid Protocols, continued...



Guidance for Symptoms Not Due to a Specific Disease, Following a Negative COVID Test	Child or staff must stay home?
Diarrhea Frequent, loose, or watery stools (poop) compared to normal ones that are not caused by food or medicine.	<p>Yes - Unless the diarrhea is related to an existing chronic condition, is explained by a diagnosed condition not requiring the person to stay home, or is consistent with the person's baseline.</p> <p>The child or staff member may return to school or child care 24 hours after their last episode of diarrhea unless the diarrhea is caused by an illness that requires them to stay home longer. If the diarrhea is explained by a specific illness, then the child or staff can return to school or child care following exclusion guidelines for that illness.</p>
Fever Fever is a temperature of 100.4°F or greater. Babies who are 4 months or younger need to see a doctor right away for a fever of 100°F or higher.	<p>Yes - The child or staff member may return to school or child care if the fever has been resolved for 24 hours without fever reducing medications unless the fever is caused by an illness that requires them to stay home longer. If the fever is explained by a specific illness COVID-19, then the child or staff can return to school or child care following exclusion guidelines for that illness.</p>
Flu-like Symptoms Fever Sore throat Runny nose or congestion	<p>Yes - Children and staff may return to school or child care as long as they are fever-free for 24 hours without the use of fever-reducing medications and other symptoms are improving, unless the symptoms are caused by an illness that requires them to stay home longer. If the symptoms can be explained by a specific illness, then follow the exclusion guidelines for that illness.</p> <p>In consultation with a healthcare provider, additional evaluation for flu-like illnesses, sore throat, and upper respiratory symptoms may be appropriate, including evaluation for strep throat.</p>
Vomiting/Throwing Up	<p>Yes - Unless the vomiting is related to an existing chronic condition or is explained by a diagnosed condition not requiring the person to stay home. If the vomiting is unexplained and inconsistent with the person's baseline state of health, the child or staff member may return 24 hours after their last episode of vomiting. If the vomiting can be explained by a specific illness, then follow the exclusion guidelines for that illness.</p> <p>If a child with a recent head injury vomits, seek medical attention.</p>



New Covid Protocols, continued...



Guidance for Specific Diagnosed Illnesses	Child or staff must stay home?
Chicken Pox	Yes - until the blisters have dried and crusted (usually 6 days), or in immunized people without crusting, until no lesions within 24 hour period.
Conjunctivitis (pink eye) Pink color of eye and thick yellow/green discharge	No - children and adults do not need to stay home unless they have a fever or are not able to participate in usual activities. Call your doctor for advice and possible treatment.
COVID-19 (clinical diagnosis, symptoms without testing, or a positive diagnostic test)	Yes - children and staff who have suspected COVID-19 or who have been diagnosed with COVID-19 must be excluded and follow CDPHE's isolation guidance . Guidance for schools and child care settings can be found here: https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools .
Fifth's Disease (parvovirus)	No - the illness is no longer contagious once the rash appears.
Hand Foot and Mouth Disease (Coxsackie virus)	No - unless the child or adult has mouth sores, has uncontrollable drooling or is not able to take part in usual activities.
Head Lice or Scabies	Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment.
Hepatitis A, Salmonella, Shigella, or Shiga-toxin Producing E. coli	Yes - children and staff may return to school or child care when cleared by the health department.
Herpes	No - unless there are open sores that cannot be covered or there is uncontrollable drooling.
Impetigo	Yes - children and adults need to stay home until 24 hours after antibiotic treatment has started.
Ringworm	Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment. Keep the area covered for the first 3 days if participating in activities with person to person contact.
Roseola	No - unless there is a fever or behavior changes.
Influenza	Yes - Children and staff should remain out of school or child care until they are fever-free for 24 hours without the use of fever-reducing medications and other symptoms have been improving for 24 hours.
Croup, RSV (Respiratory)	No - It is recommended that children and staff remain out of school or

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Continued...

New Covid Protocols, continued...



Syncytial Virus)	child care until they are fever-free for 24 hours without the use of fever-reducing medications and other symptoms have been improving for 24 hours.
Strep Throat	Yes - for 12 hours after starting antibiotics unless the doctor says that it is okay to return to school sooner.
Other Vaccine Preventable Diseases Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough)	Yes - Children and staff can return to school once they are no longer contagious (see Infectious Disease Guidelines). Public health consultation may be necessary.
Yeast Infections Thrush or Candida diaper rash	No - follow good hand washing and hygiene practices.
Other Symptoms or illnesses not listed	Contact the child care center director or school health staff to see if the child or staff member needs to stay home (see Infectious Disease Guidelines).

This document was developed in collaboration with pediatricians, medical epidemiologists and public health professionals.

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

References

American Academy of Pediatrics. *Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide*. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.20.
 Colorado Department of Public Health and Environment. *Infectious Diseases In Child Care and School Settings: Guidelines for Child Care Providers and Health Consultants, School Nurses and Other Personnel*. 2022.
 Colorado Department of Public Health and Environment. COVID-19 Resources. <https://covid19.colorado.gov/>. October 7, 2020.

Updated March 2022



PE News



Celebration!

On behalf of the American Heart Association, thank you very much for raising \$9,077.70 with Zach's recent Kids Heart Challenge (KHC) event, also known as Jump Rope for Heart! We have made a life-saving difference for people in our own community and across the nation. Thank you, prizes will be delivered to Zach, in 4-6 weeks.

Schools on the Move:

T-shirts will arrive at Zach in 6-8 weeks. All students who submitted their calendar online and had at least 80 check marks will be receiving a t-shirt.

PTO News

The PTO is already planning for next year. We want to continue to grow and to welcome more people. One of the happy consequences of our transition from in-person meetings to Google Meets has been increased accessibility. Weeknights are busy for all families and we are glad that this new platform has increased our attendance. Please join us to meet new friends, share your ideas, or just to listen in! The meeting schedule and link can be found at

<https://zac.psdschools.org/pto-and-sac>.

If you're interested in a PTO leadership position, we'd love to hear from you! Next year's open board positions include President, Vice President, and Secretary, in addition to various committee leadership positions:

- Book Bowl, Third Grade: coordinate a weekly lunchtime reading program and Jeopardy-style competition for third and fourth graders. The fourth grade chair will continue in her role in 2022-23 and the chairs will work together on the event. *October - December.*
- School Pictures: escort students between their classrooms and the photographers on individual picture day and class picture day. *September and April.*
- Yearbook: coordinate production of the yearbook, work with parent volunteers to take photos, and create layouts. No graphic design experience is necessary and training is provided! *Throughout the school year.*
- Library: coordinate volunteers for weekly reshelving of returned books and covering of new books. *Throughout the school year.*

If you want to learn more, or if you have any questions about PTO, please reach out to Gina Fechheimer at grfechheimer@gmail.com.

Mental Health Speaker Series

Click the link below for more information on the upcoming Mental Health Speaker series topics:

<https://www.healthdistrict.org/classes-trainings-and-talks>

PSD Mental Health Matters April 7th (ATTACHMENT)

Topic: Prioritizing Social and Emotional Learning to Promote Learning. Please see attachment for more information.

MENTAL HEALTH MATTERS

APRIL 7, 2022
6pm-7:30pm
Virtually

Live Key Note Speaker:
Jessica Pfeiffer, LCSW, SSW, and
ChildTrauma Academy Education Fellow

Prioritizing Social Emotional Learning
to Promote Learning
PLUS additional pre-recorded
presentations

For more information and to RSVP
please use the QR code below

K-12 EVENT
DISTRICT AND COMMUNITY WIDE

YOU ARE NOT ALONE.

<https://tinyurl.com/PSDMHM>

JULIA WERNON



2022 SPRING

Please note that spring protocols could shift, as PSD adapts to public health conditions and guidance.



Review PSD's 2021-22 protocols for [Health & Safety](#)



Info on [vaccinations, clinics](#) happening at PSD schools



Review PSD's [Test to Stay](#) program details



More information available PSD's 2021-22 School Year and [COVID-19 data](#)

Poudre School District

2407 LaPorte Avenue,
Fort Collins, CO 80521
970-482-7420

www.psdschools.org
info@psdschools.org



PSD COVID-19 protocols for spring 2022

Our school district follows guidance from the Centers for Disease Control and Prevention (CDC), Colorado Department of Public Health and Environment (CDPHE) and Larimer County Department of Health and Environment (LCDHE).

PSD is a mask-friendly environment

We respect whatever choice staff, students and visitors make. The CDC continues to recommend that people wear the most protective mask they can that fits well and is worn consistently.

- Masks are no longer required on PSD buses or in PSD preschool classrooms, following updated CDC guidelines.
- Individuals who are COVID-positive must wear a mask in school/at work on days 6-10, per public health requirements.
- Close contacts of positive individuals must wear a mask in school/at work on days 6-10 from their date of exposure, per public health requirements. More info: [cdc.gov](https://www.cdc.gov)



Our layered approach to mitigation

PSD follows these recommended strategies to reduce the spread of contagious diseases:

- Stay home if you aren't feeling well and follow the state health department's ["How Sick is Too Sick?" protocols](#).
- Maximize social distancing between members of different households, as possible.
- [Contact trace](#) when there are outbreaks

More info: psdschools.org/psd2021-22/healthsafety

and as otherwise required by the health department.

- [Frequently clean and disinfect](#) of our facilities, with a focus on high-traffic areas.
- Promote frequent [handwashing](#).
- Make free COVID tests available, including through the [Test to Stay in PSD program](#).
- Promote accessibility of [voluntary COVID vaccines](#) through state-run mobile clinics.

PSD COVID-19 protocols for spring 2022

Public health officials have shifted from a pandemic to a [more routine disease-control approach](#). This more closely resembles how schools have historically responded to contagious diseases like whooping cough and influenza. For all protocols, please visit the [Health and Safety web page](#).



What happens when there are COVID cases in PSD?

Contact tracing will occur:

- In a preschool classroom that reaches "cluster" status, or three to five cases.
- For classrooms/cohorts/activities/teams that reach "outbreak" status, or five or more cases.

Parents/guardians can expect to receive communications at both points. Notifications are not sent for one case. The PSD data dashboard is at psdschools.org/psd2020-21/COVID19schoolstatus. PSD works with the health

department on contact tracing investigations to identify close contacts who must quarantine if they are not exempted. LCDHE issues legal isolation and quarantine orders.



How to be exempted from quarantine if you are a close contact

If staff or students are identified as close contacts of a COVID-positive individual and receive quarantine orders from the health department, there are three options for them to remain at school or work. [More info >>](#)

Option 1:

Be fully vaccinated with a primary series and boosted, if eligible.

Option 2

Follow all steps of the [Test to Stay in PSD program](#).

Option 3

Have record of a confirmed positive COVID test in the last 90 days.



Test to Stay in PSD

Test to Stay in PSD provides a separate option for students and staff to be exempted from quarantine, which means being able to teach, work and learn in school more often.

Step 1: Opt into CDPHE's [Test to Stay program](#).

Step 2: Get free at-home rapid tests from your school.

Step 3: Staff members and students identified as close contacts must test on days 1 and 5, after their date of exposure.

Step 4: Email copy of negative test results or a photo of a rapid, at-home tests (with date/time of result and name/student or employee ID) to covidtracing@psdschools.org

Step 5: Stay at school if asymptomatic and with a negative test result.

Step 6: Request additional tests from your school health office if you have used yours.

More info: psdschools.org/your-district/test-to-stay-PSD



What happens if my student has illness symptoms?

Have any of the symptoms below?

You need a negative COVID test to return to school.

When not related to a documented chronic health condition, symptoms that require a negative test to return to school include fever, feeling feverish, shortness of breath, nausea, vomiting, diarrhea, cough, sore throat, runny nose, congestion, muscle/body aches, headache, fatigue, new loss of sense of taste or smell.

If your student tests positive or chooses not to test, they must remain home for five days and wear a mask on days 6 to 10 when they return, per public health requirements.

More info: ["How Sick is Too Sick?" protocols >>](#)

Make-A-Wish Week

Dear Fossil Families!

This week (April 3rd-8th) marks the beginning of our annual Make-A-Wish week here at Fossil Ridge High School! This is a time held tradition at FRHS to support children within Colorado with critical illnesses. Over the course of this week students will be invited to participate in spirit days, a restaurant night, events and other fun donations based activities!



This year, Fossil is raising money to help grant more wishes for children like Reece. Reece is a 10-year-old boy from Fort Collins currently battling Leukemia. His wish is to visit Legoland in California with his family. Reece LOVES Legos (specifically Marvel Legos) and he has always wanted to stay at the Legoland Hotel. He's excited to visit all the Legoland themed parks, shows, and attractions. With your help we can help make wishes for kids like him come true.

This year we have set a goal of \$7,500 dollars in donations to Make-A-Wish Colorado! Your donations will help bring joy and hope to Wish Kids within our community. Make-A-Wish Colorado and Fossil ridge High School are so incredibly grateful for any amount of donations. To donate to our Make-A-Wish week you can use the link [site.wish.org/goto/FRHSWishWeek2022](https://www.site.wish.org/goto/FRHSWishWeek2022). Thank you so much for your support in reaching our goal!

For the week, there will be a table in the commons during lunch to sell paper stars and bracelets to fundraise! The paper stars are sold at a \$1 minimum donation and students get to write their name and/or a brief message on the star for Reece. Each star will be proofread before being taped to the wall to display during the week. We will also have Pura Vida bracelets for sale for a minimum donation of \$7. Throughout the week students and their families can also use the attached coupons to donate to our cause by ordering pizza from Papa John's and attending our dinner night at BJ's Restaurant (must present flier).

Click here to
Donate Now

Thank you so much for your participation and support!!

Fossil Ridge High School Honor Societies

Continued...

Make-A-Wish Week, continued...

Sunday 4/3	Monday 4/4	Tuesday 4/5	Wednesday 4/6	Thursday 4/7	Friday 4/8
Event Bowling Night at Chipper's Lanes	Event Dinner Night at BJ's Restaurant	Event Cornhole Tournament at FRHS	Event Wizard of Oz Movie Night at Cinemark 16	Event Dodgeball Tournament at FRHS	Event Trivia Night at FRHS
					
Note: All proceeds from all events will go to Make-A- Wish!!	Spirit Day Red Out	Spirit Day Greece vs Grease	Spirit Day Anything But a Backpack	Spirit Day Crazy Hat	Spirit Day Adam Sandler
					

- **Sunday (4/3)** is Bowling Night at Chipper's Lanes (217 W Horsetooth Rd) from 5:00-7:00 pm ([CLICK HERE](#)).
- **Monday (4/4)** is Restaurant Night at BJ's (2670 E Harmony Rd) from any time between 5:00-9:30 pm! You must present the flier to your waiter/waitress ([CLICK HERE](#)). The Spirit Day will be a Red-Out day in honor of Reese's favorite color.
- **Tuesday (4/5)** is the Cornhole Tournament at FRHS from 6:00-8:30 pm in the commons ([CLICK HERE](#)). The Spirit Day will be Greece vs Grease, so dress in your summer nights or mount Olympus best!
- **Wednesday (4/6)** is Movie Night at Cinemark 16 (4721 S Timberline Rd), doors opening at 5:30 pm ([CLICK HERE](#)). We will be showing The Wizard of Oz, having some fun trivia, and a costume contest, so dress in your best Oz gear. The Spirit Day will be anything but a backpack day so plan on hauling your stuff around in something else.
- **Thursday (4/7)** is the Dodgeball Tournament at FRHS from 6:00-8:30 in the large gym ([CLICK HERE](#)). The Spirit Day will be crazy hat day, so wear a wacky hat to school.
- **Friday (4/8)** is Trivia Night at FRHS from 6:00-9:00 pm in the commons ([CLICK HERE](#)). The Spirit Day will be Adam Sandler day, so wear your best baggy clothes.
- **PIZZA COUPON:** Order pizza anytime from Papa John's using the attached coupon and receive 30% off, and a 10% donation will go to our Make-A-Wish ([CLICK HERE](#))!

Click here to
Donate Now



— K-12 PROGRAMS —



COLORADO STATE UNIVERSITY

Academic, Sport and Credit-Bearing Opportunities

Summer programs for
kindergarten through
pre-college students
and P-12 teachers

Sport Camps



Honors Summer Institute

Categories for all ages:



Animals and Environment



Arts and Human Sciences



Industry and Leadership



Interdisciplinary Programs



Science, Technology,
Engineering, and Math (STEM)



Sport Programs



Programs for P-12 Teachers



The status of in-person, virtual, and hybrid camps will be updated regularly:

K12SummerPrograms.colostate.edu

Apply to Substitute in PSD!

Are you interested in gaining valuable work experience? Would you like a flexible schedule and the opportunity to make a difference?

Have you considered working for Poudre School District as a substitute?

We want to meet you!



For more information, pay scales and an application link, visit:
<https://www.psdschools.org/careers/substitute-teachers>

Once your application has been processed, you will be invited to sign up for an orientation.



**Questions? Contact
subs@psdschools.org**



POUDRE SCHOOL DISTRICT

Zach Breakfast Menu

April 2022

Zach Elementary

Breakfast

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****1**

- Pancake Sausage Wrap BIC
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

4

- WGR Pumpkin Bread or Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

5

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

6

- Whole Grain Cinnamon French Toast
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

7

- Cinnamon Toast Crunch Soft Filled Bar
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

8

- Whole Grain Waffle, Chocolate Chip
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

11

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

12

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

13

- Pancake Sausage Wrap BIC
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

14

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

15**18**

- WGR Pumpkin Bread or Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

19

- Whole Grain Cinnamon French Toast
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

20

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

21

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

22

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

25

- WGR Pumpkin Bread or Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

26

- Cinnamon Toast Crunch Soft Filled Bar
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

27

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

28

- WW Bagel & cream cheese
- Strawberry Banana Smoothie
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

29


- Pancake Sausage Wrap BIC
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk: fat free, 1%
- Assorted Juice

Zach Lunch Menu

April 2022

Zach Elementary

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <ul style="list-style-type: none"> Pepperoni Pizza Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish Fresh Cherry Tomatoes or Substitute Steamed Carrots Whole Fruit, or Substitute Cuties, or Substitute Milk Variety Assorted Condiments
4 <ul style="list-style-type: none"> Hamburger & Cheeseburger Cold Deli Yogurt with Granola Pb&J Sandwich Fresh Snap Peas, or Substitute Corn Whole Fruit, or Substitute Grapes, or Substitute Milk Variety Assorted Condiments 	5 <ul style="list-style-type: none"> Mac & Cheese Turkey or Ham & Cheese Sandwich Pb&J Sandwich Fresh Carrots Green Beans Whole Fruit, or Substitute Applesauce or Fruit Cup or Substitute Milk Variety Assorted Condiments 	6 <ul style="list-style-type: none"> Chicken Patty Sandwich Chef Salad with Goldfish Crackers Pb&J Sandwich Salad with dressing Steamed Broccoli Whole Fruit, or Substitute Fresh Strawberries, or Substitute Milk Variety Assorted Condiments 	7 <ul style="list-style-type: none"> Beef & Bean Burrito Turkey or Ham & Cheese Sandwich Pb&J Sandwich Fresh Cherry Tomatoes or Substitute Refried Beans Whole Fruit, or Substitute Watermelon or Substitute Milk Variety Assorted Condiments 	8 <ul style="list-style-type: none"> Cheese Pizza Cold Deli Yogurt with Granola Pb&J Sandwich Fresh Cucumber Slice or Substitute Steamed Carrots Whole Fruit, or Substitute Fresh Pear Milk Variety Assorted Condiments
11 <ul style="list-style-type: none"> Chicken Drumstick with Goldfish Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish Fresh Celery Sticks, or Substitute Corn Whole Fruit, or Substitute Fresh Blueberries, or Substitute Milk Variety Assorted Condiments 	12 <ul style="list-style-type: none"> Cheese Calzone & Marinara Ham or Turkey & Cheese Sandwich PB&J Sandwich with Pretzels or Goldfish Bell Peppers, or Substitute Green Beans Whole Fruit, or Substitute Orange Wedges Milk Variety Assorted Condiments 	13 <ul style="list-style-type: none"> Fish Sticks Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish Fresh Cucumber Slice or Substitute Mashed Potatoes with Gravy Whole Fruit, or Substitute Fresh Kiwi, or Substitute Milk Variety Assorted Condiments 	14 <ul style="list-style-type: none"> Chicken Burrito Ham or Turkey & Cheese Sandwich PB&J Sandwich with Pretzels or Goldfish Salad with dressing Refried Beans Whole Fruit, or Substitute Fresh Cantaloupe, or Substitute Milk Variety Assorted Condiments 	15 
18 <ul style="list-style-type: none"> Chicken Nuggets Cold Deli Yogurt with Granola Pb&J Sandwich Fresh Snap Peas, or Substitute Mashed Potatoes with Gravy Whole Fruit, or Substitute Grapes, or Substitute Milk Variety Assorted Condiments 	19 <ul style="list-style-type: none"> Cheese Lasagna Rollup Turkey or Ham & Cheese Sandwich Pb&J Sandwich Fresh Carrots Green Beans Whole Fruit, or Substitute Applesauce or Fruit Cup or Substitute Milk Variety Assorted Condiments 	20 <ul style="list-style-type: none"> Pork Chop Sandwich Chicken Caesar Wrap Pb&J Sandwich Salad with dressing Steamed Broccoli Whole Fruit, or Substitute Fresh Raspberries or Substitute Milk Variety Assorted Condiments 	21 <ul style="list-style-type: none"> Beef & Bean Burrito Turkey or Ham & Cheese Sandwich Pb&J Sandwich Fresh Cherry Tomatoes or Substitute Refried Beans Whole Fruit, or Substitute Watermelon or Substitute Milk Variety Assorted Condiments 	22 <ul style="list-style-type: none"> Cheese Pizza Cold Deli Yogurt with Granola Pb&J Sandwich Fresh Cucumber Slice or Substitute Steamed Carrots Whole Fruit, or Substitute Fresh Pear Milk Variety Assorted Condiments
25 <ul style="list-style-type: none"> Hamburger & Cheeseburger Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish Fresh Celery Sticks, or Substitute Black Beans Whole Fruit, or Substitute Fresh Blackberries or Substitute Milk Variety Assorted Condiments 	26 <ul style="list-style-type: none"> Pizza Bites Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish Bell Peppers, or Substitute Green Beans Whole Fruit, or Substitute Orange Wedges Milk Variety Assorted Condiments 	27 <ul style="list-style-type: none"> Asian Meatballs & Rice Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish Fresh Cucumber Slice or Substitute Steamed Veggies Whole Fruit, or Substitute Fresh Kiwi, or Substitute Milk Variety Assorted Condiments 	28 <ul style="list-style-type: none"> Fish Sticks Ham or Turkey & Cheese Sandwich PB&J Sandwich with Pretzels or Goldfish Salad with dressing Mashed Potatoes with Gravy Whole Fruit, or Substitute Honeydew Melon or Substitute Milk Variety Assorted Condiments 	29 <ul style="list-style-type: none"> Pepperoni Pizza Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish Fresh Cherry Tomatoes or Substitute Steamed Carrots Whole Fruit, or Substitute Cuties, or Substitute Milk Variety Assorted Condiments

Calendar of Events

Tuesday, April 5

9:15am CMAS-5th Grade

Wednesday, April 6

9:15am CMAS-5th Grade

Thursday, April 7

9:15am CMAS-5th Grade

Friday, April 8

8:30am Roman Festival- 3rd Grade

Tuesday, April 12

8:30am CMAS-4th grade

9:15am CMAS- 5th Grade

5:00pm SAC

Wednesday, April 13

8:30am CMAS-4th grade

9:00am The Gardens on Spring Creek-2nd Grade

9:15am CMAS- 5th Grade

5:00pm PTO

Thursday, April 14

8:30am CMAS-4th grade

9:00am The Gardens on Spring Creek-2nd Grade

9:15am CMAS- 5th Grade

Friday, April 15

No School

Tuesday, April 19

8:15am CMAS-3rd Grade

8:30am CMAS- 4th Grade

Wednesday, April 20

8:15am CMAS-3rd Grade

8:30am CMAS- 4th Grade

Thursday, April 21

8:15am CMAS-3rd Grade

8:30am CMAS- 4th Grade



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